

# Hawaii MARINE SPORTS

Hawaii Marine C Section

October 10, 2003

## Physical therapy gets a month of focus

**Aimee Leach & Petty Officer 2nd Class Paul Langner**  
*Physical Therapy, SMART Center*

October is National Physical Therapy Month, which celebrates a health care profession that focuses on helping people to restore optimal movement and function.

The MCB Hawaii, Kaneohe Bay SMART Center staff will be providing interactive lunch-time courses for active duty Marines and Sailors here.

Its first lecture will be on fitness and injury prevention, as they go hand in hand.

To get fit, service members must work on the three main components of fitness set by the Navy and Marine Corps: aerobic conditioning, strengthening and flexibility. If you neglect one component, your risk of injury increases drastically.

Many times, Marines and Sailors dismiss flexibility leading to muscle pulls. Another high percentage of athletes focus on strengthening, but forget the importance of aerobic conditioning. But, athletes must pump-up the heart, too.

The SMART Center's patients are taught basic and advanced stretches as well as light strength training. Keep in mind the following basic tips with any exercise program.

### Exercise Tips

When stretching and exercising, be sure to only move the body part that

See *FITNESS*, C-5

## MAG-24 smokes Camp Smith Mountain Warriors, 42-0



Lance Cpl. Jared Plotts

Bandits defensive back Greg Lilly cuts back up field during the opening kickoff Oct. 2 in MAG-24's 42-0 win over the Camp Smith Mountain Warriors.

## Bandits improve to 2-1

**Lance Cpl. Jared Plotts**  
*Marine Forces Pacific*

Bandits quarterback Keino "Smoke" Thomas looked like Atlanta Falcons' Michael Vick, passing for two scores and running two more as the MAG-24 Bandits shutout the Camp Smith Mountain Warriors, 42-0, Oct. 2 at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

The Warriors fell to 0-4 on the season after falling behind 22-0 at the end of the first quarter. The Bandits continued to play tough football throughout the rest of the game, and improved to 2-1 on the year.

Touchdown passes of 25 and 15 yards, amplified by a pivotal 20-yard pass on third-and-long were too much for the Warriors defense.

When Thomas wasn't throwing the ball, he was running it. Thomas ran for just under 100 yards, crossing into the end zone twice, giving him four scores on the game.

"Our QB is the starting point of our offense. He went out there and just took advantage of what the defense gave him," said Bandits Head Coach Rick Hargrave. "I give him every chance to change the play at the line of scrimmage. It worked out to our advantage."

Warriors quarterback Daniel Turner received little pass protection from his offensive line and was sacked five times.

To add to the Warrior problems, they played without their starting wide receiver and tailback. The Warrior special teams played poorly as well, botching three punts and getting one blocked.

The 42 points put up by the Bandits was the most by any team this year.

Yet on another down note for Camp Smith, the Mountain Warriors have not scored four touchdowns in the last two seasons.

"We have to stay basic



Lance Cpl. Jared Plotts

Camp Smith Mountain Warriors tailback Roosevelt Walker is met by a slew of Bandit defenders during their Oct. 2 game at Pop Warner Field.

with a young quarterback, plus when players go on leave or TAD [temporary additional

duty]," said Warriors Coach Dwayne Evans, "it's hard to go over everything at practice."

## Three from K-Bay qualify for All-Marine golf

**Carl J. Levering, a Marine Corps Communications and Electronics School chief instructor, chips out of the rough at the All-Marine Golf Championships, Oct. 3 at Mission Hills Country Club in Palm Springs, Calif. Four Hawaii-based Marines competed for spots on the All-Marine team.**



Cpl. Itsak Leffer

**Capt. Kent D. Robbins**  
*MCB Hawaii Public Affairs*

The 2003 All-Marine Golf Team will have the look and feel of "aloha" as three Hawaii Marines qualified at the All-Marine Golf Championships held Sept. 29 - Oct. 2 at the Mission Hills Country Club in Palm Springs, Calif.

John Bascuk of Combat Service Support Group 3, Johnny McCray of Marine Aircraft Group 24 and Troy Frazier of 3rd Marine Regiment will represent the Marine Corps at the Armed Forces Championships this week on Naval Air Station, Millington, Tenn.

Marine Corps Base Hawaii sent four Marines to the All-Marine trials as part of the Marine Corps Community Services varsity sports program aboard

the installation.

The Pete Dye-designed desert layout didn't intimidate McRay or Bascuk, who finished third and fourth overall with a 20-over par, 310 and 23-over par, 313, respectively.

In a twist of fate that only the Hawaiian golf Gods could tempt, the final qualifying spot came down to a playoff between two Hawaii Marines: Frazier and Rhys Evans of Headquarters Bn., MCB Hawaii. Both Marines finished with 34-over par, 324s, and Frazier went on to defeat Evans on the second play of hole with a bogey at the 398-yard Par-4, 18th hole.

A total of six players will represent the Marine Corps at the Armed Forces

See *GOLF*, C-3

## SM&SP Beach Bash proves a keeper

**Ed Hanlon V**  
*MCCS Marketing*

The date of Sept. 20 was a smashing success when the Single Marine & Sailor Program hosted its Beach Bash at Pyramid Rock Beach aboard MCB Hawaii, Kaneohe Bay.

The event lured more than 300 junior Marines and Sailors to a day of fun in the sun and barbecue-style food — compliments of AT&T In-Room Service, a gesture extended in appreciation for the support the junior active duty who live in the barracks have shown the carrier.

The main attractions at the Beach Base included the Sand Sculpture Contest and Volleyball Tournament, both of which filled with teams of six players vying for first place.

Winning the Sand Sculpture Contest was Combat Service Support Group 3, with the "Drunken Dragon," a sculpture with a three-foot-high bloated belly and a 10-foot long tail.

Each team received one bucket, two small plastic shovels, a cup, a set of plastic eating utensils and four hours of unbridled creativity.

The winners took home tickets to Hawaiian Waters Adventure Park and gift certificates to Planet Hollywood.

Marine Corps Air Facility took home first place for the volleyball competition, winning EXCEL prizes and a pride boost to compliment.

"It is events like these that give our junior enlisted an opportunity to have an awesome time for free, meet new friends and enhance quality of life aboard MCB Hawaii," said Leslie Graham, the SM&SP program coordinator.

Graham also thanked the numerous volunteers from the "101 Days of Summer" program and sponsors who made the event such a success.

To get involved with the SM&SP program, call Graham at 254-7593, or surf the Web site at [www.mccshawaii.com](http://www.mccshawaii.com) for event dates. Also, stay plugged into activities listed on page B-2 of the *Hawaii Marine* each week.





# BASE SPORTS

## Edward Hanlon V MCCS Marketing

### Camp H.M. Smith Hosts 5K Grueler

It's a "hillish run," but somebody's got to do it. Race over to Camp H. M. Smith for the 5k Grueler on Oct. 15, and show the mountain what you're made of.

The race will begin at 11 a.m., and it's set to begin and finish at the Sunset Lanai.

The cost is \$15 per runner, and team registration fees will be announced soon.

Awards will be presented to first place winners in men's and women's divisions in the following age categories: 15 years and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, and 60 years of age and older.

To register, call 254-7590.

### Winter League Softball Preps To Begin

Take a swing at intramural softball with Marine Corps Community Services' Athletics. Form your team now!

The season begins Oct. 28

with three games at Reiseley Field and three games at the Annex Field. Games will be played every Tuesday and Thursday.

Step up to the plate and call MCCS Athletics at 254-7591.

### Klipper to Host Staff NCO Golf Tournament

Staff noncommissioned officers and sponsored guests are invited to the Kaneohe Klipper Golf Course for fun on the links, Oct. 29.

Starting at 6:30 a.m., players can enjoy an early bird breakfast, then catch the tournament sure to start off with a bang at 7:30 a.m. in shotgun style.

First, second and third place golfers will take home prizes, as well as power hitters with "the longest drive" and shooters with "closest to the pin" shots.

For more information, call 254-2107.

### Youth Basketball Now Registering Players

Youth ages 6 through 17 are invited to join MCCS Youth Activities for youth basketball.

October is registration

month, and the season will last through January or February.

Different divisions are available for youth, including for active duty, DoD and MCCS family members.

The league cost is \$40 for Youth Activity members, and \$50 for nonmembers.

For more information, call 254-7610.

### E-Club Provides Time for Football Season

Kahuna's Sports Bar & Grill is open for Sunday football, so get the gang together and watch the game.

Breakfast will be served from 7 to 11:30 a.m., and lunch and dinner menus will be available from 11:30 a.m. until 11 p.m.

Also, catch the "Monday Night Football" telecast at your particular club.

This week, watch the Falcons take on the Rams on one of the plasma or big screen televisions at Kahuna's, the Staff NCO Club or the Officers' Club.

For more information or just details about hours of operation, log onto the Marine Corps Community Services Web site at

www.mccshawaii.com.

### MCCS Seeks Male and Female Boxers

Marine Corps Community Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials at MCB Camp Lejeune, N.C., Nov. 17 - 22.

Those who make the All-Marine Team will compete in the Armed Forces Boxing Championships, Dec. 6 - 12.

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to the MCCS Athletics department no later than Sunday.

Call the Semper Fit Center at 254-7590 for more details.

### Kahuna's Brings Tsunami Surf Saturdays

Surf's up at Hawaii's only indoor surf meet from 10 p.m. - 2 a.m., Saturdays, at Kahuna's Sports Bar & Grill. Catch a big one on the surf simulator, and

win a brand new surfboard from the Local Motion retail outlet. For more, call 254-7660.

### Klipper Offers Adult Golf Clinic

The Klipper Adult Golf Clinic is designed for beginners or those looking to brush-up on the fundamentals.

The course of instruction includes basic swing fundamentals; swing evaluation; long and short game; pitching, chipping and putting; game strategy; golf etiquette and safety; and golf rules.

Class size is limited to 15 people, and classes will meet every Friday from 5 - 6 p.m. and lasting through Oct. 24.

Cost is \$80 per person.

For more information, call 254-3220 or 257-1745.

### Spend a Day on the Bay

Enjoy a day of sailing and sightseeing in one of the sailboats, powerboats or — for larger parties — pontoon boats located at the base marina, Bldg. 1698. Rentals are available for sailing, waterskiing, fishing, kayaking and more.

# Base All Star

NAME: Pfc. Keino "Smoke" Thomas

UNIT: Marine Aircraft Group 24

BILLET: Administration Clerk

SPORT: Football

POSITION: Quarterback

TEAM: MAG-24 Bandits

•Thomas has played football since he was 10, and he was a quarterback at Sairmont High School, Sairmont Heights, Md.

•This is Thomas's first year with the MAG-24 Bandits. He hopes to repeat last year's success and win another championship.

•He helped design the Bandits playbook this year and works outside of team practice with his wide receivers.



Pfc. Jared M. Plotts

*"I know what I can do when I get out there; I have the whole playbook in my head. Even in high school I changed the plays at the line of scrimmage."*

## 2003 TACKLE FOOTBALL SCHEDULE

AT POP WARNER FIELD, KANEOHE BAY  
(Unless otherwise noted.)

Monday  
6 p.m. MAG-24 vs. Headquarters Bn.

Wednesday  
6 p.m. (at Camp H. M. Smith's Bordelon Field)  
3rd Marines vs. Camp Smith

Oct. 20  
6 p.m. MAG-24 vs. CSSG-3

Oct. 22  
6 p.m. Headquarters Bn. vs. 1/12

Oct. 23  
6 p.m. 3rd Radio Bn. vs. 3rd Marines

Oct. 27  
6 p.m. (at Camp H. M. Smith's Bordelon Field)  
CSSG-3 vs. Camp Smith

Oct. 29  
6 p.m. 1/12 vs. MAG-24

Oct. 30  
6 p.m. 3rd Radio Bn. vs. Headquarters Bn

Nov. 3  
6 p.m. CSSG-3 vs Headquarters Bn.

Nov. 5  
6 p.m. 3d Marines vs. 1/12

Nov. 10  
Nov. 12  
Playoff Game  
Playoff Game

# COMMUNITY SPORTS

## HTMC Hikes Makiki Tantalizer

Join the Hawaiian Trail and Mountain Club on a six-mile hike Sunday at 8 a.m.

The HTMC invites all to ramble through the woods behind Honolulu for a day of fun. There are numerous junctions along the trail, so hikers are warned to be sure they follow the right path.

A \$2 donation is requested for each nonmember, age 18 or over. Children under 18 must be accompanied by a responsible adult.

For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. The club does not provide transportation.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information, contact coordinator John Hoover at 528-1206.

## Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient pad-

dling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information, call 259-8080.

## Friends Of Kailua High School Host Sixth Annual 5k Fun Run

The friends of Kailua High School, a Hawaii nonprofit corporation comprised of students, faculty, parents, alumni and other supporters of Kailua High School, is sponsoring a 5k (a 3.2 mile run) at the school gym, which is located at 451 Ulumanu Drive.

The net proceeds from this event will go to Kailua's Computer Academy.

Class finishers and every 25th finisher will receive a prize or ribbon, and there will be a drawing for a round trip vacation to a neighbor island.

Entry fees are \$19 for those who want a T-shirt (for those who don't want a shirt, the cost is \$10). Applications can be found in the *Athletes Hawaii* magazine, which is distributed to sporting goods establishments, shoe stores, health clubs, gyms, fitness facilities, bike shops, etc. Copies can also be obtained at Kailua High School.

Register online at active.com or register the morning of the race starting at 6 a.m.

For more information about the Kailua High School 6th Annual 5k Fun Run, call Ann Higashi at 266-7900, or Ed Kemper at 524-0330.

## Marines and Sailors Get in Shape with ShipShape

You can win the war on body-fat! You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it's not.

Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness standard, the Ship Shape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult, but skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques.

For more information, call 471-9355.

## Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week.

## Honolulu Hosts Harbor Festival

Hawaii will celebrate its rich maritime history Nov. 8, from 9 a.m. to 4 p.m. with harbor tours, tugboat hulas, the Sand Island Challenge Outrigger Canoe Race and a host of other activities that will stretch from the Hawaii Maritime Center to Aloha Tower Marketplace.

This Harbor Festival will also feature live entertainment and a photo gallery of historic waterfront images.

The festival is free and open to the public. Call 523-6151 for more information.

## Hawaii Marine Accepts Sports and Recreation Faxes

Advertise sports and recreational activities of general interest to the Department of Defense community in the "Base Sports" or "Community Sports" columns. Fax items to 257-1289 or 257-2511.



# SPORTS AROUND THE CORPS

## Sidewalk surfing’s fast becoming the Marine craze



To achieve more speed, most skateboarders like Andy T. Owens launch themselves off ramps in an attempt to go faster.

Cpl. Ryan D. Libbert

Cpl. Ryan D. Libbert  
MCB Camp Butler

CAMP SCHWAB, OKINAWA, Japan — When the skateboard came of age in the late 1950s, many people passed it off as just another fad like hula-hoops, yo-yos and the twist. Today, however, the old plank on wheels still remains a favorite pastime as it has developed a loyal following beyond cult-like proportions.

Posters and pictures of skateboarding professionals such as Tony Hawk, Geoff Rowley and Adrian Lopez grace the bedroom walls of many of today’s youth.

The sport has become more famous than ever because of these athletes performing eye-popping stunts during ESPN’s annual “X-Games.”

First developed in 1958 by local beachgoers in Southern California, the skateboard was meant to bring surfing to the streets by attaching roller skates to the front and back ends of a plank of wood.

Since that time, skateboarding has evolved into



Cpl. Ryan D. Libbert

Brian R. Didio “ollies” off a fun box at the skate park located on Camp Schwab. Most people go through several weeks of cuts and bruises before they are able to master tricks like this.

the adventuresome sport it is today.

“I’m not a big fan of organized sports,” said Brian R. Didio, an avid skateboarder for four years. “Skateboarding gives you a lot of freedom due to the lack of rules. I also think it gives a better workout than playing most sports.”

On Okinawa, Marines as well as other Department of Defense personnel and their families make good use of the various skate parks that

Marine Corps Community Services’ Semper Fit has built on Camps Kinser, Foster, Courtney and Schwab.

The parks are open to anyone under SOFA (status of forces agreement) rules, as long as he or she adheres to the safety guidelines provided.

All patrons of the skate parks must wear a protective helmet to shield their head from a possible concussion.

When people use the skate parks, they do their best to make use of the various obstacles on the field such as ramps, rails, fun boxes and half pipes while performing moves such as ollies, grinds, concaves and hangs.

Although there are dangers to skateboarding, the challenge and adrenaline rush one can receive in the sport is all worth the trouble explained Andy T. Owens, a local skateboarder.

“Skateboarding is cool because there is no practicing,” said Michael D. McEntee, a local patron of the skate park on Camp Schwab. “You do what you want, when you want.”

## Marines, help Padres say goodbye to the ‘Q’

Sgt. S. L. Standifird  
12th Marine Corps District

### 12TH MARINE CORPS RECRUITING DISTRICT, SAN DIEGO

— The San Diego Padres said goodbye to a piece of their history this past weekend with a ceremony that included former Padres players, fireworks and the U.S. Marines.

Marines helped the grounds crew for Qualcomm Stadium and San Diego Mayor Dick Murphy transport home plate to the Padres new home, Petco Park.

“I couldn’t think of a better outfit to help us do this than America’s 9-1-1 force,” said Jack Enschr, director, military programs for the Padres.

Murphy agreed with Enschr and added that San Diego is a military town and including the military in big events is something they should do more of.

“We love the Marine Corps; we love the Navy. I like to see us include our

friends in the military in as many activities in the city as possible,” he said. “The Padres, the Marine Corps and the Navy are like baseball,



Cpl. Christopher H. Fitzgerald

The 12th Marine Corps District Humvee makes its way toward the former Padres home plate behind a police escort at the end of the Padres final game at Qualcomm Stadium. The District Marines were part of the closing ceremonies, responsible for safely transporting home plate to Petco Park.

apple pie and hot dogs — all great American traditions.”

More than 60,000 fans in the stands and watching on television witnessed the unmistakable red 12th Marine Corps District Humvee make a grand entrance from center field with the grounds crew in tow. Upon reaching their destination, the grounds crew started to dig under the watchful eyes of four Marines from the headquarters.

When home plate was up, it was passed from Murphy to 1st Lt. Neil

Ruggiero, District public affairs officer, who safely guarded the plate in the humvee. To the roar of the crowd, Staff Sgt. Mark Wynn, driver, Ruggiero and Murphy departed the field with a police escort and made their way downtown to Petco Park.

Once at their destination, Ruggiero retrieved home plate from the Humvee and passed it to Murphy who in turn passed it to the San Diego Ballpark Builders.

“Home plate is safe at its new home,” Murphy said.



Cpl. Christopher H. Fitzgerald

Under the watchful eye of 12th Marine Corps District, the Padres’ grounds crew digs up home plate for transport to Petco Park, the Padres’ new home in downtown San Diego.

### GOLF, From C-1

Championships.

**Final Results of the All-Marine Golf Trials**  
(Marine Corps Base Hawaii golfers are identified in italics.)

Men’s	
Laurence Gausepohl	288
Jamieson Slough	294
<i>Johnny McCray</i>	310
<i>John Bascuk</i>	313
Steven McDonald	314
Gragory Anderson	323
<i>Troy Frazier</i>	324
<i>Rhys Evans</i>	324
Larry Jones	325
Timothy Manson	325
Steven Perr	329
Phillip Fascetti	330
John Haynes	331
Robert Wright	332
Robert Murray	332
Carl Levering	332
Alvin Thomas	336
Karl Nugent	338
Christopher Martinez	339
Jerry Herndon	340
Steven Shortill	341
Leonard Smoot	341
Shaun Guardanapo	344
Malvis Campbell	345
William Andrews	352
Steven Dewitt	353
Randy Wentworth	358
Russell Normandin	358
Won Lee	359
Kenneth Miller	360
Adam Towe	DQ

Women’s	
Beth Wolny	355
Judith Wade	385



# Hawaii’s influenza season is right around the corner

**Army Capt. Robyn Brand**  
*Branch Medical Clinic, Kaneohe Bay*

As influenza season approaches, it is important to understand how the illness affects people and what measures should be taken to prevent as many cases as possible.

In Hawaii, influenza is detected in the community all year long because of the variety of visitors from areas around the world — all of which have varying influenza seasons. The peak season for Hawaii occurs from November to April.



The influenza virus is more commonly known as “the flu.” It infects the human respiratory tract, which includes the nose, throat and lungs.

The flu usually spreads rapidly in a patient and can include the following symptoms: fever, headache, fatigue, body aches, sore throat, nasal congestion and a dry cough.

The virus is very contagious, and it’s spread in two ways: (1) By

breathing in the air that an already infected person has recently coughed, sneezed or spoken in, or (2) By a less-common method that occurs when a person touches an infected surface, such as a door handle, then wipes his or her nose or mouth.

Symptoms typically begin one to four days after exposure, and may last up to two to three weeks. Adults and children can be contagious for one to two weeks.

It is estimated that 30 - 40 percent of children become infected with influenza each year, 1/3 to ? of whom will visit their doctor.

Feeling lousy and a few missed days of school or work are the usual consequences for someone infected with influenza. However, there can be serious complications with “the flu” for certain members of the community. Therefore, vaccination is encouraged for everyone and strongly recommended for kids 6 months to 2 years, persons older than 65,

*See FLU, C-5*

FLU, From C-4

and anyone with a chronic medical illness (asthma, emphysema, heart disease, diabetes, etc).

The vaccine is approved for anyone over 6 months of age. Yearly vaccination is recommended for everyone. Priority is given first to active duty military and the populations mentioned above.

The vaccine is formulated each year in the form of a shot, to contain immunity against the types of influenza most likely to infect the population. Children between 6 months and 3 years should receive two doses of the vaccine 30 days apart to ensure better immunity.

The vaccine will be available at Branch Medical Clinic, Kaneohe Bay, for active duty military and high-risk patients (by physician prescription) starting in October, and will likely be made available for everyone else starting sometime in November.

Ask your primary care manager if you think you or your child might be eligible for the flu shot sooner than November.

Stay tuned for dates to be announced for

flu vaccination days, likely to be held at the Base Exchange.

*How many cases of influenza occur?*

According to the Centers for Disease Control, each year approximately 15 percent of U.S. residents get the flu: 114,000 are hospitalized and 36,000 die from influenza complications.

*How do I know if I have the flu?*

Influenza cannot be diagnosed by symptoms alone; a lab test is needed to confirm the diagnosis. This is because there are hundreds of other viruses that can cause similar “flu-like” symptoms.

A throat or nasal swab is collected and sent for a rapid influenza test. This rapid test is diagnostic if it is positive; however, there are many false negative tests.

If the test comes back negative, the lab will then do a viral culture, which is very sensitive, but may take seven to 14 days to come back.

*Is there anything to treat influenza ?*

Sort of. If you are diagnosed within 48 hours from the time the symptoms first started, there is an antiviral medicine that you can

take that may alleviate some symptoms and speed up the recovery time. This medicine only works for the influenza virus. If you are infected with some other virus, it will not make you feel better.

If someone in your family has tested positive for flu, and you or another family member begins to have symptoms, you should see your doctor to see if an antiviral medication can be prescribed.

*Can flu shots cause the flu?*

No. In the United States, the vaccine is made from killed influenza viruses, and does not cause the flu.

*Why do some people still get sick even if they’ve had the vaccine?*

The most likely reason is that they didn’t actually have influenza. Many other viruses can infect people during influenza season such as rhinovirus, which causes the “common cold,” adenovirus and respiratory syncytial virus, which causes severe cough and wheezing in infants and children.

The flu vaccine does not always provide 100 percent immunity. But it’s been shown to decrease flu severity and reduce hospitalizations and death from complications.

FITNESS, From C-1

you are working on, and keep the rest of the body stationary.

When beginning an exercise program, start slow for the first two weeks and continue with that program for eight to 12 weeks before expecting big results.

When stretching, hold each stretch for 30 seconds and not the “traditional” 10 seconds.

Active duty are invited to attend the Fitness and Injury Prevention Seminar, Oct. 10 from noon to 1 p.m. at the SMART Center in Bldg. 221 (behind the base theater). Petty Officer 2nd Class Paul Langner will lead the discussion titled “Exercise Your Options!”

The remainder of courses are Back Care on Oct. 17, Knee Care on Oct. 24 and Running Shoe Selection, Oct. 31.